



MONTHLY NEWSLETTER



Texas Tech Physicians
of the PERMIAN BASIN
BEHAVIORAL HEALTH AND PSYCHIATRY

Monthly Quote: January is the month to make new habits that will last all year.



Mental Health Awareness Dates

Month

Mental Wellness Month

National Mentoring Month

Week

No Name Calling Week (Jan. 15-19)

Day

Global Family Day (Jan. 1)

National Clean Off Your Desk Day (Jan. 8)

Human Trafficking Awareness Day (Jan. 11)

National Fun At Work Day (Jan. 26)

PERSONAL DEVELOPMENT

Lead by example and model the desired behavior. Modeling is believed to be the foundation for leader influence, and can be used to persuade employees to act a certain way. So if you want your employees to invest in themselves and participate in development programs, **you should openly promote this, and participate yourself.**

Setting an example includes showing that you take care of yourself. Engaging in daily servant leadership behavior can come at a cost for leaders. One study shows that servant leadership can be mentally depleting, specifically for leaders who are low in perspective taking (that is, leaders who are not that experienced in taking others' perspectives). So be aware of this and take some necessary steps to recharge yourself when needed!

Happier January

**Boost your happiness and sense of wellbeing with our fun activities for January!
Quick, fun and fulfilling activities that only take 5-10 minutes every day to
make you feel good!**

Happier January 2024

SUNDAY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

1 Find three things to look forward to this year

2 Make time today to do something kind for yourself

3 Do a kind act for someone else to help brighten their day

4 Write a list of things you feel grateful for and why

5 Look for the good in others and notice their strengths

6 Take five minutes to sit still and just breathe

7 Learn something new and share it with others

8 Say positive things to the people you meet today

9 Get moving. Do something active (ideally outdoors)

10 Thank someone you're grateful to and tell them why

11 Switch off all your tech at least an hour before bedtime

12 Connect with someone near you - share a smile or chat

13 Take a different route today and see what you notice

14 Eat healthy food which really nourishes you today

15 Get outside and notice five things that are beautiful

16 Contribute positively to your local community

17 Be gentle with yourself when you make mistakes

18 Get back in contact with an old friend

19 Focus on what's good, even if today feels tough

20 Go to bed in good time and allow yourself to recharge

21 Try out something new to get out of your comfort zone

22 Plan something fun and invite others to join you

23 Put away digital devices and focus on being in the moment

24 Take a small step towards an important goal

25 Decide to lift people up rather than put them down

26 Choose one of your strengths and find a way to use it today

27 Challenge your negative thoughts and look for the upside

28 Ask other people about things they've enjoyed recently

29 Say hello to a neighbour and get to know them better

30 See how many people you can smile at today

31 Write down your hopes or plans for the future



ACTION FOR HAPPINESS

Happier · Kinder · Together

PET THERAPY



Pet Therapy

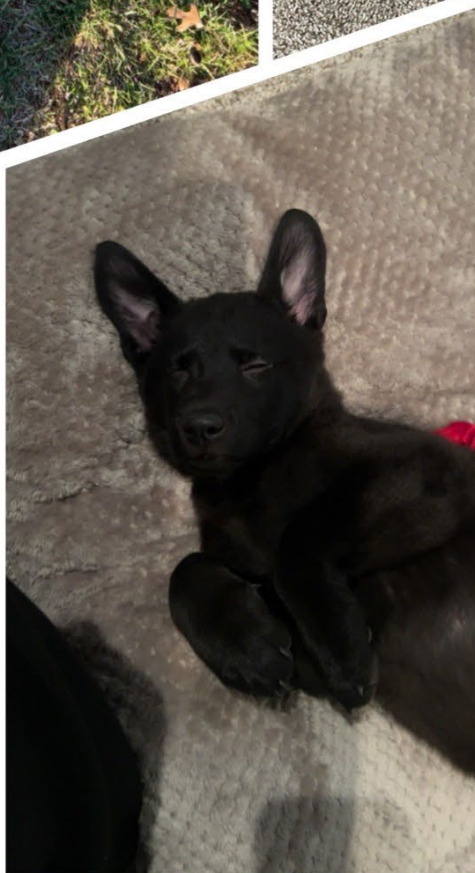
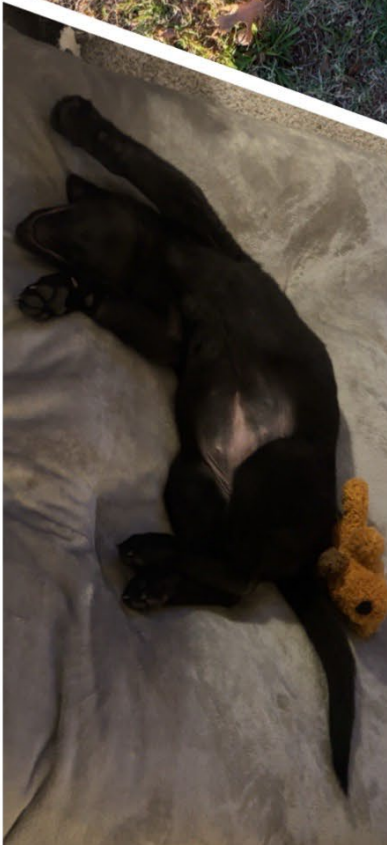
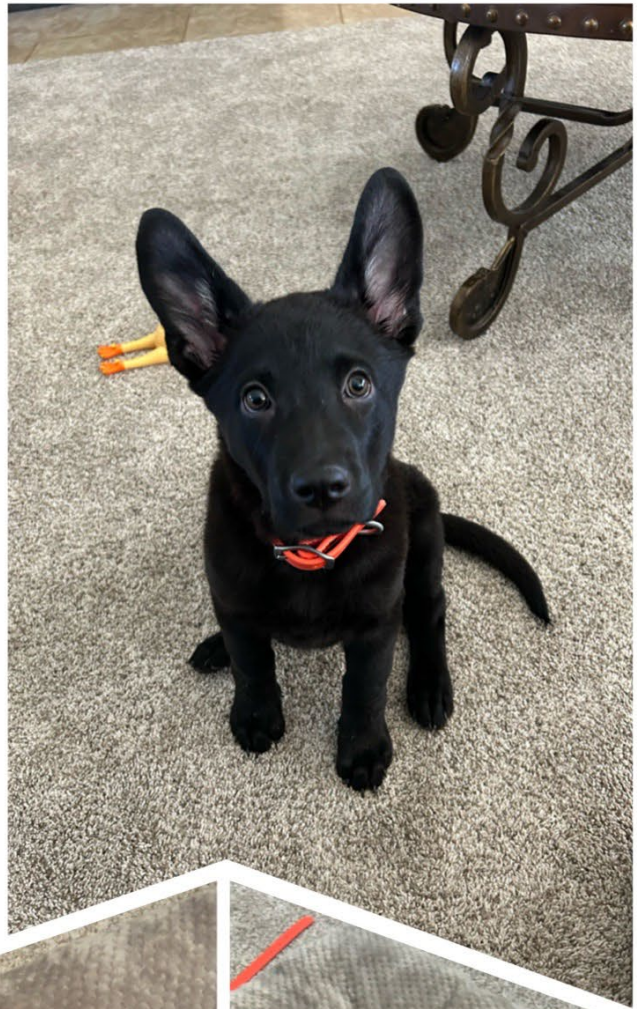
Each month we will spot light our fur babies!!
Please send a picture of your pet to pbpsychadmin@ttuhsc.edu

This month we have Callie's new baby Navy! ❤️

"This is Navy.

She is a solid black German Shepherd. Right now she is 11 weeks old and growing like a weed. She likes napping, hiding her bones, and being crazy. She does not like her leash or when she is told no. She has not figured out how to bark yet and knows 4 tricks so far. "

- Callie





Christmas Party

We had Christmas Party on Tuesday, December 12th in our Michigan Clinic. Had much fun, laugh and joy we gathered together!

We are so thankful for having such a great team here in the clinic! Wish everyone have wonderful Christmas!



Book Club

Our book club has been going strong into 2024! Taking turns reading Atomic Habits together! We are appreciative of the chance to develop and learn from one another!

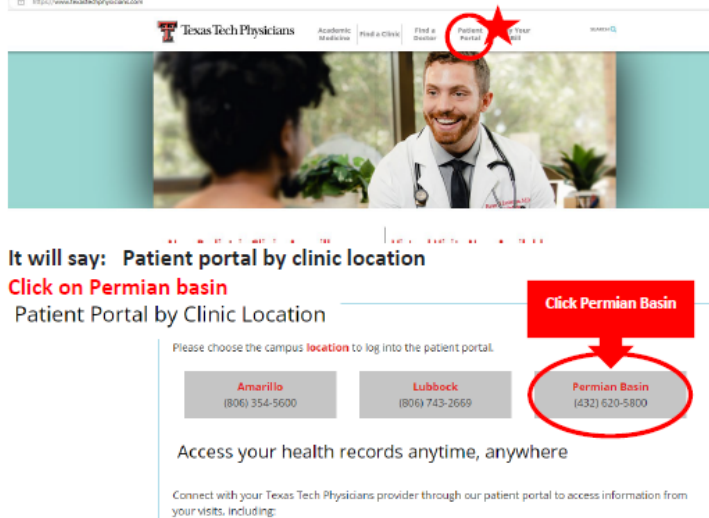


QR Code for Our Clinic Website

If you want to know more about our services, get paperwork online or give some suggestions to enhance your clinic experience, please scan our QR code which will link you to our website.

Clinical Operation/Updates

[Texas Tech Physicians](http://www.texastechphysicians.com) (Patient portal at the top)-- it's: texastechphysicians.com



Patient Portal

We encourage patients to use patient portal to request refills, track medication status, send message to doctors, and so on. It would be the preferred method for quickly processing their requests.

[Patient Portal \(texastechphysicians.com\)](http://texastechphysicians.com)



TTUHSC M365 for Personal Use Account Clean Up

Effective January 24th, the TTUHSC IT Division will begin a Microsoft licensing cleanup for Windows and Office personal use. This clean up will deactivate accounts for individuals who appear to no longer have an affiliation with TTUHSC. After 60 days, these accounts will be permanently deleted. Criteria for account deactivation includes the following factors:

- Associated Email does not match any TTUHSC Exchange account
- First name + Last name does not match any existing account in the eRaider Account Management System
- Password has not been changed in the last year
- Account was not created in the last 2 years



Windows Updates

IT request everyone shut down the computers every Tuesday and Thursday nights (not Wednesday anymore). They push updates on Tuesday and Thursday nights.

IT help desk number is 432-703-5500 and they can remote into the desktop to troubleshoot.

Slow Computers/Chrome Debugging

If you are experiencing slow performance on computers it may be due to Chrome hardware graphics acceleration bug. To disable this you can launch self-service portal and run the "disable chrome hardware" install. You will need to either close all browsers before running or relaunch afterward.

Send Request to Help Desk

Self Service Portal

Apply Configurations

Scan

View Prohibited Software Details

View User Logon Reports

Desktop Central Agent Details

Troubleshoot

Application Name	Version	Description	Vendor	Installed At	Last Action - Status	Published Time	Action
Avaya Workplace 3.19.x [i]	4.8	Microsoft .NET Framework 4.8	Microsoft			Mar 1, 2022 11:00PM	Install
Avaya Workplace 3.19.x [i]	3.19.0.72.19	Avaya Workplace 3.19.x for Windows (3.19.0.72.19)	Avaya			Mar 1, 2022 11:00PM	Install
Box Drive x64 (2.22.445)	2.22.445	Box Drive x64 (2.22.445) for Windows	Box			Feb 15, 2022 11:00PM	Install
Box Tools (4.17.0.935)	4.17.0.935	Box Tools (4.17.0.935)	Box Inc			Mar 1, 2022 11:00PM	Install
CCMA ActiveX Controls	40.0.5.505	CCMA ActiveX Controls 40.0.5.505	Avaya			Mar 1, 2022 11:00PM	Install
Citrix Workspace 1912 LTSC	1912 LTSC	Citrix Workspace 1912 LTSC CU1	Citrix	Feb 23, 2021 09:39AM	Install - Success	Mar 1, 2022 11:00PM	--Select--
Create athenaIDX icon for						Mar 1, 2022 11:00PM	Install
Create CernerWeb desktop i	1.0	Creates the CernerWeb desktop icon and	IT Solution Center			Mar 1, 2022 11:00PM	Install
Create IDXTerm desktop i		Creates IDXTerm desktop icons				Mar 1, 2022 11:00PM	Install
CyberArk EPM 11.5.2.309	11.5.2.309		CyberArk			Feb 15, 2022 11:00PM	Install
Dell Command Configure	4.4.0	Dell Command Configure (4.4.0)	Dell Inc.			Mar 1, 2022 11:00PM	Install
Dell Display Manager	Version A00	Software application that allows users to	Dell			Feb 15, 2022 11:00PM	Install
Disable Chrome Hardware						Nov 4, 2021 02:44PM	Install



A friendly reminder: establish a process for entering notes within 24 hours (or same day) and don't forget to enter the charge as well. Another suggestion is to glance that you're documenting on the correct FIN.



HIPAA=AWARENESS

Things like: disclosing PHI while at the vitals are

A New HIPAA Initiative - Routine Monitoring of EMR User Access

This initiative will help OIC and departments to monitor inappropriate accesses, identify high-risk employees, mitigate and reduce the risk of HIPAA non-compliance resulted from internal users.

Resident/Fellow Updates:



Prite Score Meeting

**Tuesday, January 16, 2024
8:30am-11:30am**

<https://ttuhsc.zoom.us/j/8579285554>

Meeting ID 857 928 5554

8:30- Saad	10:10-Hassan
8:40-Shayeb	10:20-Trivedi
8:50-Mian	10:30-Aljumaili
9:00-Pham	10:40-Husain
9:10-Vodala	10:50-Chao
9:20-Karmegam	11:00-S.Nabi
9:30-Perugula	11:10-Wix
9:40- Kodi	11:20-Yadav
9:50- Adnan	11:30-Ashraf
10:00- Kubosumi	



Mark Your Calendar

**Permian Basin Research Day
February 15, 2024**



Google Spreadsheet for CL Billings

A Google spreadsheet has been created/distributed for submitting CL billings. Billings will be sent to the billing office every Thursday. Please add your billings to the spreadsheet on time.

When you're on CL weekend call, billing should be added to spreadsheet.



Updated Journal club schedule for January 2024

1/3- Wednesday-Dr. Karmegam, Dr. Chao
1/4- Thursday- Dr. Hassan
1/8- Monday-Dr. Husain
1/10- Wednesday- Dr. Ashraf, Dr. Trivedi
1/11- Thursday- Dr. Yadav
1/17-Wednesday- Dr. Aljumaili, Dr. Kodi
1/18- Thursday- Dr. Adnan
1/22- Monday- Dr. Nabi
1/24-Wednesday- Dr. Hassan, Dr. Kubosumi
1/25- Thursday- Dr. Yadav
1/29- Monday- Dr. Karmegam
1/31- Wednesday- Dr. Adnan

January Duty Roster PGY – 1

Dr. Saad – CL
Dr. Shayeb – BSSH
Dr. Mian – PEDS
Dr. Pham – OCEANS-M
Dr. Vodala – FM
Dr. Karmegam – CL

DUTY ROSTER



Dr. Perugula – IM

January Duty Roster PGY – 2

Dr. Kodi – CL

Dr. Adnan – CL

January Duty Roster PGY – 3/PGY – 4/Fellow
OUT PT

DR. Wix - NEURO

Resident/Fellow Led Committee Updates

committee updates

Qi/QA Committee

Chair – Dr. Trivedi

enrolling patients for you are what you eat study

Research Committee

New publication

*Accepted: Journal of Nervous and Mental Disease, Jan
2024 MIXED CONNECTIVE TISSUE DISEASE
PRESENTING WITH PSYCHOSIS – A CASE REPORT*

Co-author: Trivedi, C, Jain, S. Lead Author: Sengupta, A

Education Committee

Chair – Dr. Husain

*Members – Dr. Kodi, Dr. Al Jumaili, Dr. Nabi, Dr.
Mian, Dr. Vodala, Dr. Karmegam*

Wellness Committee

Chair – Dr. Kubosumi

Digital And Social Committee

Chair – Dr. Wix

Community Education:



Topic: **Nutrition and Mental Health: Your Brain on Food**

It is estimated that each year, 1 in 5 people personally experience a mental health problem. Mental health is complex and it is now thought that nutrition is as important to mental health as it is to heart health. Evidence supports that nutrition could be a front-line approach to conditions like depression, mood disorders, and anxiety. Please join with **Dr. Yadav, Child and Adolescent Fellow** as she will discuss how our dietary choices profoundly affect cognitive well-being and how certain foods can bolster or impede mental health.

Where: **ZOOM**

When: **Friday, January 26th 12pm – 1pm**

<https://ttuhsc.zoom.us/j/3356882490>

Meeting ID: 335-688-2490

From TikTok to Instagram: Social Media and Mental Health

In today's interconnected world, social media plays a significant role in shaping our daily lives. However, this digital landscape comes with challenges, particularly concerning mental health. The prevalence of online platforms has brought both positive and negative impacts on our mental health. It is crucial to be aware of these effects and learn how to navigate the digital world responsibly. Join **Dr. Trivedi, MD MPH PGY-3**, as he sheds light on the intricate relationship between social media and mental well-being. He also will provide insights into understanding the dynamics of social media's influence on mental health and offer practical strategies to maintain a healthy digital balance.

Where: **ZOOM**

When: **Monday, Feb. 5th 12pm – 1pm**

Free 1 CEU hour for Social Worker/LPC, please contact pbpsychadmin@ttuhsc.edu

Zoom Link: <https://ttuhsc.zoom.us/j/3356882490>

Meeting ID: 335-688-2490

*Mental
Munchies*

TEXAS TECH PHYSICIANS PSYCHIATRY MONTHLY LEARN

Special Announcement



May your Big Day be cheerful and happy!

Jan. 2nd Dr. Saad

Jan. 11th Lexi

Jan. 22nd Dr. Hassan

Psychiatry life style(cook book) -submit yours



Greek-Yogurt Chicken Salad

Ingredients

- 1. 2 large boneless, skinless chicken breasts, poached
- 1/4 cup nonfat Greek yogurt
- 1/3 cup celery, diced
- 1/3 cup apple, diced
- 1/3 cup grapes, halved
- 1/4 cup slivered almonds
- Salt and pepper to taste

Directions

- 1. Dice poached chicken breasts and place in a large bowl. Mix in Greek yogurt until all the chicken is coated evenly.
- 2. Add celery, apple, grapes, and almonds to the bowl and mix in. Add salt and

pepper to taste.

- 3. Enjoy immediately; store remaining chicken salad in fridge.

Makes 6 servings.

Reading/Watching Recommendations
Welcome to share any suggestions for colleagues or staff 😊



[\(141\) 6 Ways to Unlock Your Full Potential - YouTube](#)

COMMUNITY RESOURCES

New Support Groups and Class

For more information or register
please reach out pbpsychadmin@ttuhsc.edu

MOMS MATTER: POST PARTUM SUPPORT GROUP

Are you a new mom? Are you looking for a safe place to share your experiences, learn from others and feel supported through your motherhood journey? Come join a group where you can lean on others as you navigate this life change.

Let us hold you while you hold your little one.

Tuesdays | 10am-11am
Virtual Zoom Meeting
8-week group
Starting May9th

For more information or to register:
Pbpsychadmin@ttuhsc.edu




Chronic Illness Support Group

Have you been diagnosed or suffer from a chronic illness like Lupus, Arthritis, Fibromyalgia, Crohns Disease? Are you looking for a safe place to share experiences, learn from each other and grow your support system? Come join a support group where you can lean on each other for support.

THURSDAY EVENING
6 PM - 7 PM

IN PERSON GROUP
2301 W. MICHIGAN AVE
MIDLAND, TX 79703

For more information or to register please email:
pbpsychadmin@ttuhsc.edu



Now offering: Parenting Classes

In Person/Online Available
4 Weekly Sessions
(\$25/session)

For more information
Or to register:
pbpsychadmin@ttuhsc.edu





Feeling Stressed or Anxious?

It's understandable in times like these. But **FREE help is available thanks to the generosity of local foundations.** The BasinMD App has experienced counselors available to help you manage stress and anxiety. The virtual visits on your smartphone or computer allow safe, discreet and effective care while maintaining social distance.

Simply download, sign up, and reserve your appointment with a licensed counselor of your choice. Just before the appointment begins a coupon code box will appear to add the code to reduce the cost to \$0. The coupon code is **BH001** and it can be used multiple times over six months while funding is available. A credit card is required for appointment reservation, but will not be charged when the coupon code is applied.



<https://www.midlandbhi.org/>



<https://www.211.org/>

2-1-1 Texas Permian Basin Community Calendar

<http://workforcepb.org/resources/2-1-1-texas-permian-basin-information-and-referral/>



Odessa Mental Health Resources

Odessa Counselors

Tausha Bradshaw, MP LPC 432-271-4968
Eden Simmons, LPC 432-315-2389
Christine Hall, LPC, LCDC 432-278-1670
Alexandria Luna, LCDC 432-300-5377
Ramsey Counseling/Coaching 432-218-2681
 teletherapy
Jennifer Mason 806-221-2779

Anna Carillo 432-653-5118
Teresa Valero, LCP 432-558-0305
 Accepts BCBS/ MDCCD

Odessa Counseling Centers

Alpha Behavioral Health 432-614-5720
Alternative Life Solutions 432-582-2444
 (sliding scale) (Odessa)
Centers for Children & Families 432-580-7006
Choiceworks Counseling 432-332-9644
Insight Counseling Center 432-333-3667
New Day Counseling 432-332-5645
The Crisis Center 432-333-2527
UTPB Counseling 432-552-3365

Faith Steps Counseling 432-653-5118
Basin MD-No Cost Counseling
 Download the **BasinMD by Midland Health App
 via the Apple or Android AppStore**
Code BH001 – can be used by anyone experiencing
 on-going stress and anxiety during this time. The code
 can be reused for 6 months and covers the full cost of
 the \$120 visit. To use these codes, you must first
 register with a credit card, then enter the code to access
 the grant funding.

Psychiatrists

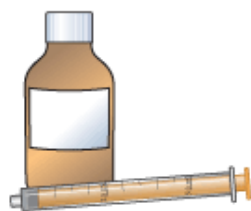
Roy Matthews 432-617-3855
 (Adults Only)
Wilbur Lineback (BCBS only) 432-570-9552
Eric Olson
 (Midland) 432-620-0161
Shanthi Thangam 432-333-3636
Lionel Levinson 432-367-3253
Shamsuddin Peppermintwala 432-218-9920
Ravi Medi 432-201-1388
Ben Hankins 432-620-8500
 (no insurance) (Midland)
Texas Tech Physicians 432-620-1160
 (also accepts Medicaid)
Shailesh Jain 432-335-2222

Mental Health Support

NAMI Support Group 432-683-3648
 (online meetings for covid)
Permian Basin LGBTQ(Plus) 432-203-6093
www.pb-lgbtq.org
Trevor Project for LGBTQ 866-488-7386
 Text (START) 678-678
***Reflection Ministries** 432-247-1099
<https://www.reflectionministries.org/>
 (Sex Trafficking)

Hotlines

24 Hour Crisis Hotline/ PermianCare (MHMR):
www.permiacare.org 844-420-3964
Suicide Prevention Hotline: 800-273-8255
National Human Trafficking Hotline 888-373-7888



FYI Prescribers: - Town & Country Pharmacy in Odessa does liquid preparations of Clonidine (0.1mg/ml)

STAY TOGETHER REFERRAL FORM

Youth's name: _____
 Age: _____ Date of birth: _____ Sex: Male / Female
 Parent's name: _____
 Physical address: _____
 Mailing address: _____
 City: _____ County: _____ Zip: _____
 Phone # Home: _____ Work: _____ Cell: _____

ETHNIC GROUP: Am Indian/AK Native _____ Asian/Oriental _____ Black _____
 Black/White/Hispanic _____ White/Hispanic _____ White _____
 Other/Hispanic _____ Black/Hispanic _____ Other _____

PERSON MAKING REFERRAL: _____ Relationship to youth: _____
 Address: _____ City: _____ State: _____ Zip: _____
 Phone number: _____

REFERRAL SOURCE: Self (child) _____ Parental figure _____ Friend/Relative _____ Provider _____ Agency _____ Staff _____
 School _____ Protective services _____ Texas Youth _____ Law Enforcement _____
 JPD _____ Clergy/Church _____ MHMR _____ other private agency _____
 Court referred _____ other youth agency _____ other hotline _____

SCHOOL STATUS: Attending regularly _____ Attending - some truancy _____ Suspended _____
 Expelled _____ Dropped out _____ Parents withdrawn _____ Alt School/GED _____
 Graduated HS _____ School not in session _____ Completed GED _____ under School age _____

Of children in the home: _____ Primary language: _____

Where is youth living? Biological or adoptive parents _____ Legal guardian _____
 Relative's home _____ Unstructured sub care (friends, etc.) _____
 Psychiatric hospital _____ Structured sub care _____
 Secure facility detention center _____ Street _____
 No stable living environ _____ Living independently _____
 Transferred from another shelter _____

Comments: _____

Please Fax Attention: Hilda Galindo Fax# 432-699-0404 or email: hildag@highsky.org

STAY TOGETHER Program

The program is a 90 day program, with **meetings currently done over zoom/phone** (due to COVID). The **Family Support Specialists** meet with the families on **either a weekly or biweekly (once every two week) basis for an average of 35-45 minutes**. The program is also divided by age group with separate curriculums for ages 0-7 and ages 7-17.

Work via self referral, please call **1-800-922-7829** (main High Sky number, please ask for Jade, leave a voicemail if the call isn't answered and she will call back within 24-48 hours in most cases).

For more information:

<https://www.highsky.org/programs/stay-together/>



February 2024	March 2024	April 2024	May 2024
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

June 2024	July 2024	August 2024	September 2024
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

2024 Session Schedule

1: February 13 thru March 5, 2024
 2: April 23 thru May 17, 2024
 3: June 4 thru June 25, 2024
 4: August 6 thru August 27, 2024
 5: October 15 thru November 12, 2024
 (*skipping 10/29/24)

Class time: 6pm-7:30pm

ARRIVE at 5:55pm
 Doors are locked at 6pm
 Zoom option available

Calendar current as of 8/10/23--
 subject to change

**Pre-registration
 Recommended**

MIDLAND LOCATION
 3701 Andrews Hwy
 Midland, TX 79703
 (432) 570-1084
www.centers.org

Each Session has FOUR classes:

Class 1: Child Development
 Class 2: Communication
 Class 3: Consequences & Discipline
 Class 4: Co-Parenting Strategies
 Upon completion of all 4 classes, a certificate will be issued.
 Call to register. Space is limited. First come--first serve.
 Walk-ins accepted if registered attendees do not fill class.

Miss a class? Come to the next session!

Class 1: 2/13/24, 4/23/24, 6/11/24, 8/13/24, 10/15/24
 Class 2: 2/20/24, 4/30/24, 6/11/24, 8/13/24, 10/22/24
 Class 3: 2/27/24, 5/7/24, 6/18/24, 8/20/24, 11/5/24
 Class 4: 3/5/24, 5/14/24, 8/25/24, 8/27/24, 11/12/24

Centers for Children and Families Offers Free Parenting Class

How do I register?

Call [(432) 570-1084] or come by the Centers office [3701 Andrews Hwy] to complete the registration form. At that point, you will choose which dates you want to attend.

What will I be learning?

- Child Development
- Communication & Building Self-Esteem
- Consequences vs. Discipline
- Co-parenting

For more information, please contact:

(432) 570-1084

Location:
3701 Andrews Hwy,
Midland, TX 79703

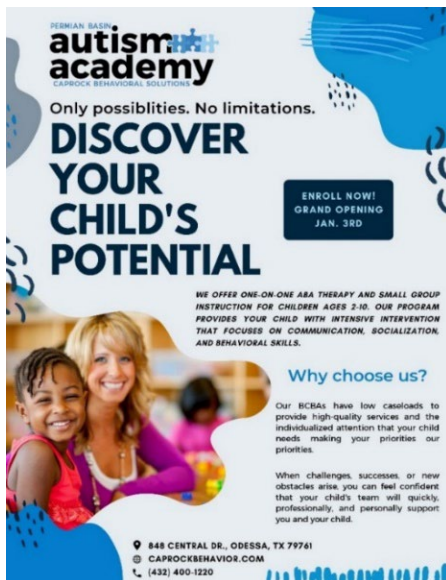


Home Autism Therapy

Alye Pearce M.S.Ed.

432-230-4696

Autism.Pearce@gmail.com



Autism Academy

A new company coming to Odessa for Autism services. They are accepting applications.

If anyone is interested in looking into their services, they can go to this link:

<https://caprockbehavior.com/appointment-request/>



First 5 Permian Basin

First 5 is a collection of three free home visiting programs which serve families with children ages 0-5 (including first-time and pregnant caregivers):

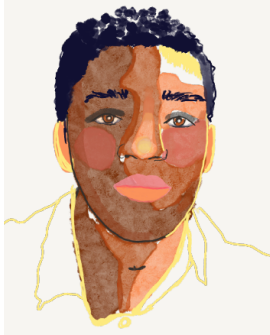
Home Instruction for Parents of Preschool Youngsters (HIPPY), Nurse-Family Partnership (NFP), and Parents as Teachers (PAT).

More information please contact 432-552-4025 or email first5@utpb.edu



Personalized treatment for teens, young adults, and their families.

Charlie Health's virtual Intensive Outpatient Program (IOP) is designed for teenagers and young adults who need more than once-weekly therapy. Our program consists of customized peer groups, individual therapy, and family therapy. We accept nearly all commercial health plans (including Optum/United, Aetna, Cigna, BCBS, and local plans), Medicaid (in states where IOP is covered), and self-pay.



 charlie health

Personalized peer groups

Video-based, accessible sessions

Flexible after-school/work scheduling

Skills-based & creative arts therapy

Trauma-informed curriculum

Free support groups

Reach out to learn more:
(866)-491-5196
www.charliehealth.com



Charlie Health offers a virtual mental health & SUD intensive outpatient program

Charlie Health offers a virtual mental health & SUD intensive outpatient program for adolescents and young adults **ages 11-33**. We work with commercial insurances, Tricare, and all of the Medicaid plans outside of Molina and Superior. **We do not have a waitlist** for our trauma-informed IOP program and strive to have each referred client scheduled for intake in 24-48 hours from referral. Each client receives **9-12 hours** of clinical support weekly with group, one-on-one, and family therapy. We have immediate availability and work as a discharge resource for folks coming from the ED, inpatient, and residential treatment as well as those stepping up in care from OP or community.

For more information regarding our efficacy and patient outcomes, please reference our [Outcomes study](#) or check out this easy read [Charlie Health Demonstrates Evidence-Based Approach to High-Acuity Mental Healthcare](#).

Anyone can place referrals here <https://outreach.charliehealth.com/regions/texas>



Parenting the Love and Logic Way®

Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

You will learn how to:

Stay calm when your kids do incredibly upsetting things.

Help your kids learn from mistakes so they don't repeat them.

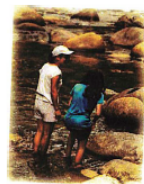
Set enforceable limits

Raise kids who are family members rather than dictators.

Avoid enabling and begin empowering.

Avoid un-winable power-struggles and arguments.

This parenting program is designed to give you practical skills that can be used immediately!



Classes are held weekly at Midland Fair Havens
2400 Whitmire Blvd Ste 100
Midland, Texas
Childcare is not provided

We're offering two different classes in January. Choose daytime or evening class.
Daytime classes are on Mondays starting Jan 8 - Feb 12 @ 10:30 am - 12:00 pm
Evening classes are on Wednesdays starting Jan 3 - Feb 4 @ 6:30 am - 8:00 pm

Visit mfh.org/help/parenting-classes to register

Facilitators of the Parenting the Love and Logic Way® curriculum are independent and are not employees of the Love and Logic Institute.

MFH Parenting Classes

Six sessions designed to help parents equip kids with character, compassion, problem solving skills and more!

Classes are held weekly at Midland Fair Havens
2400 Whitmire Blvd Ste 100
Midland, Texas
Childcare is not provided.

MFH is offering two different classes in January.
Daytime classes are on Mondays starting Jan 8 - Feb 12 @ 10:30 am - 12:00 pm
Evening classes are on Wednesdays starting Jan 3 - Feb 4 @ 6:30 am - 8:00 pm

Crisis & Urgent Care

If you or a loved one is in immediate danger or having thoughts of suicide call 800-273-8255

PermiaCare Crisis Line

National Suicide Hotline

Mental Health Deputy 432-685-7108

Midland PD 432-685-7110

If you have any items to add to next month's newsletter, or if you have suggestions for how to improve the newsletter, increase communication/awareness, please email it to pbpsychadmin@ttuhsc.edu

Your feedback is important to us! Feel free to leave an anonymous suggestion or comment at <https://app4.ttuhsc.edu/formbuilder/ViewForm.aspx?FormKey=d6b6f818-2f0b-48d8-8d5d-25bc0a522bce>